

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Miscellaneous

Material Title: **Adoption in America: Historical Perspectives**

Author: E. Wayne Carp *Books* 2002 240 pages

This collection of essays by various writers examines adoption from social and historical contexts, offering the reader a background in the development and evolution of adoption in America from the colonial period to the present with much emphasis on the 19th and early 20th centuries.

Material Title: **Approaching Fatherhood: A guide for adoptive dads and others**

Author: Paul May *Books* 2005 171 pages

This British book, written by a British adoptive father, includes some information that may be more applicable to the adoption process there than here, but it also has keen insights into those aspects of a father's role in adoption that are universal.

Material Title: **Beautiful: A Poetic Celebration of Displaced Children**

Author: Jaiya John *Books* 2014 192 pages

The many fictional voices of displaced children in Beautiful are inspired by youth Jaiya John has worked with over a lifetime. This second edition contains 8 NEW POEMS. Beautiful is much more than a source of inspiration. Its words reveal the majesty and vulnerability of all children. Beautiful is an empowerment anthem for youth, a resource for those who love, care for, and work with these purposeful souls. Child light shines through these pages, asserting the demand of our young for their dignity, while portraying their limitless power to heal, grow, and flourish. A poetic companion to Jaiya John's Reflection Pond, Beautiful is the kind of treasure we polish repeatedly, its truth seeping into our compassion. Struggle and triumph. Solitude and belonging. A journey of sunflowers toward the sun of selfhood. In these pages we find Beauty born.

Material Title: **Bully, the Bullied, and the Bystander, The: From Preschool to High School - How Parents and Teachers Can Help Break the Cycle of Violence**

Author: Barbara Coloroso *Books* 2003 203 pages

Everything you always wanted to know about bullying but were afraid you'd get beat up if you asked. This book examines bullying from a number of fresh angles – different types, how to recognize it, how to protect your child, etc – and contains a strong focus on bullying at school and what to do about it.

Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**

Author: Heather T. Forbes, LCSW *CDs* 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

Material Title: **Designing Rituals of Adoption: For the Religious and Secular Community**

Author: Mary Martin Mason *Books* 2002 86 pages

This book seeks to guide families in creating composite rituals to respect and honor everyone in the family and in the extended family whether they are known or unknown. It has sections on specific religious traditional rituals and a section on secular rituals that could help an adopted person feel that his or her life transitions and passages are honored and sacred.

Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske *CDs* 8/6/2011 2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

Material Title: **Domestic Violence 2000: An Intergrated Skills Program for Men**

Author: David B. Wexler *Books* 2000 191 pages

Developed over 13 years with thousands of spouse abusers in the United States Navy, this 32-session program integrates cognitive behavior skills and education about the politics of abuse with a primary emphasis on respect for the abuser himself. The manual provides the background, interventions and guidelines to implement the program.

The audiotape or CD "DV2000: Relaxation Exercises" can be used as a supplemental resource for this book.

Miscellaneous

Material Title: **Don't Take It Personally: The Art of Dealing with Rejection**
Author: Elayne Savage *Books* 1997 214 pages

Rejection by others in childhood can lead to a multitude of problems in adult life. Divided into three parts, "Zeroing In on the Problem;" "Identifying Those Old Hurts;" and "Making Changes, Moving On," this book can help transform self-rejection into self-acceptance and self-confidence. Dr Savage offers wise counsel, numerous examples and useful insights into an issue that impacts each of our lives -- rejection.

Material Title: **DV2000: Relaxation Exercises (Audiotape)**
Author: David Wexler *Audiotapes* 1999 27 minutes

Divided into three portions: "The Quieting Reflex"; "The Brief Quieting Reflex"; and "The Anger Ladder", these relaxation exercises are designed to help men deal with the powerful issues with which they are struggling.

Can be used with the book "Domestic Violence 2000: An Integrated Skills Program for Men".

Material Title: **DV2000: Relaxation Exercises (CD)**
Author: David Wexler *CD-ROMs* 1999 27 minutes

Divided into three portions: "The Quieting Reflex"; "The Brief Quieting Reflex"; and "The Anger Ladder", these relaxation exercises are designed to help men deal with the powerful issues with which they are struggling. Can be used with the book "Domestic Violence 2000: An Integrated Skills Program for Men".

Material Title: **Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)**
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child and other turmoil. This workshop is based on A Cry for Light: A Journey into Love, a book about a mother who finds inner peace while seeking help for her emotionally disturbed adopted son.

Material Title: **Fire Safety for Young Children (DVD)**
Author: DVD *DVDs* 2006 10 minutes

The DVD offers both English and Spanish versions. It reviews different aspects of fire safety with children (from a child's perspective) and also discusses what a firefighter does, which could also provide a segue to identify and discuss other kinds of helpers work with a child. It could be used with a child by a resource family or professional to begin a discussion of the larger topic of personal safety.

Descripción en español: Este DVD revisa los diferentes aspectos de la seguridad de un fuego o incendio con los niños (desde la perspectiva de un niño) y también se trata lo que hace un bombero, lo cual podría proveer un formato de identificar y tratar a otras clases de personas que ayudan y trabajan con los niños. Una familia adoptiva/familia de crianza podría utilizar esta información para comenzar una conversación del tema mayor de la seguridad personal.

Material Title: **Fire-Setting: Foster Parent College (DVD)**
Author: DVD *DVDs* 2003 2 Hrs

In this DVD course, Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Material Title: **Forgiveness: How Foster and Adoptive Parents Can Learn to Forgive (CD)**
Author: Roxanne Thompson and Eric Smith *CDs* 8/6/2011 1 hour

Presented by Roxanne Thompson, Adoptive Family Resources, Colorado and Eric Smith, Mental Health Center of Denver, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. Participants will learn the emotional, physical, and social implications of learning to forgive. Based on research conducted at the University of Wisconsin, the workshop sheds light on how different groups approach forgiveness, the health effects of holding a grudge, and areas of forgiveness that most people do not consider.

Material Title: **Frames of Mind: The Theory of Multiple Intelligences**
Author: Howard Gardner *Books* 1993 393 pages

In this seminal work, Gardner amasses a wealth of evidence to posit the existence of a number of intelligences that ultimately yield a unique cognitive profile for each person. His theory of multiple intelligences has been applied in hundreds of classrooms and school districts throughout the world. Tenth Anniversary Edition.

Miscellaneous

Material Title: **Freeing Your Child from Anxiety**

Author: Tamar E. Chansky *Books* 2004 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

Material Title: **Fresh Peace: Daily Blossoming of the Soul - Inspriations**

Author: Jaiya John *Books* 2015 205 pages

Imagine if your every breath filled your soul with undeniable, blissful Peace? Jaiya John, who has shared his deeply resonant messages with hundreds of thousands worldwide, gathers these heart-stirring inspirations, stories, and healing words for those who cherish and yearn for a lasting inner Peace. Stroll through this garden of Sacredness and feel your soul awoken to its own true and flowering fragrance: the unmistakable perfume of Peace. Renew. Refresh. Rediscover the essence of your life.

Material Title: **Handbook For Single Adoptive Parents, The**

Author: Hope Marindin *Books* 1998 138 pages

This book is divided into six sections: the mechanics of adoption; managing single parenthood; coping with challenges; personal adoption experiences; frequently asked questions; and studies by professional social scientists showing the success of single parent adoption.

Material Title: **Handling Those Dragons in Our Lives: How to Keep Stress from Managing Us (CD)**

Author: Maris Blechner *CDs* 2012 66 minutes

NACAC Conference presenter, Maris Blechner, a long-term successful manager of stress, at home and in the office, looks at how caring and over-stressed people like us can leash those fire-breathing dragons in our lives, and keep them in their place. She shares some theory and lots of practical hints and advice to use in our own lives.

Material Title: **I'll Tell You When You Are Older Because... (CD)**

Author: Barry Chaffkin, April Dinwoodie and Doris Laurenceau *CDs* 8/62011 20 minutes

Presented by Barry Chaffkin, April Dinwoodie, and Doris Laurenceau of Changing the World One Child at a Time, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Children do best when they know the truth about their lives, but sharing difficult information is not easy. This workshop will give you the tools to discuss the most challenging situations (abuse, parental incarceration, death, HIV, incest, termination of parental rights) with children of all ages. Please bring your own challenging questions to the session. No topic is off limits!

Material Title: **Imagining Adoption: Essays on Literature and Culture**

Author: Marianne Novy (editor) *Books* 2001 299 pages

This collection of 15 essays on adoption in literature and in contemporary culture approaches the subject from a different perspective – and therefore sheds a different light on it – than most of the adoption literature out there. The essays analyze adoption as depicted in a range of works, including nineteenth century novels, contemporary fiction, poetry, children's literature, and film. They also examine writings of "home children," adoptive mothers, newsletters, and others.

Material Title: **In Praise of Single Parents**

Author: Shoshana Alexander *Books* 1994 363 pages

This book by a single mother is a frank and compassionate look at all that it means for mothers and fathers to raise children alone, whether by chance or by choice.

Material Title: **Instant Calm: Over 100 Easy-To-Use Techniques for Relaxing Mind and Body**

Author: Paul Wilson *Books* 1995 318 pages

Instant Calm is the busy person's guide to finding peace and contentment in a restless world. These shortcuts to calm, are written in entertaining, easy-to-follow language and are gleaned from sources as divergent as ancient civilizations and the discoveries of modern science. The solutions are based on meditation, acupressure, self-hypnosis, psychotherapy, aromatherapy, exercise, diet, and more.

Material Title: **Josh: A Boy With Dyslexia* (Children's Materials)**

Author: Caroline Janover *Children's Books* 1988 99 pages

In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

Miscellaneous

Material Title: **Kaplan Scholarships, 2014 Edition: Billions of Dollars in Free Money for College**
Author: Gail Schlachter and David E. Weber *Books* 2013 525 pages

This book features information on programs that offer significant and unrestricted scholarships combined with tips and advice on how to get them. The guide includes:

*A list of scholarships—each worth at least \$1,000--that do not restrict to any one school, and do not require repayment of any kind.

*Detailed summaries on each scholarship's financial data, duration of scholarship, eligibility requirements, and application and contact information.

*Expert tips and advice on how applicants should research their options, set a timetable, apply for the best opportunities, and avoid scholarship scams.

Material Title: **Keepers of the Children: Native American Wisdom and Parenting**
Author: Laura M. Ramirez *Books* 2004 208 pages

This book uses little known Native American secrets to teach parents how to raise children who know their nature and use their strengths to create lives of meaning and contribution. By raising children to unfold the uniqueness in their hearts, parents touch the depths of their own. By teaching children the secrets of genuine fulfillment, they grow up to lead purposeful lives and cherish their parents for this gift.

Material Title: **Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny (CD)**
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Laughing is one of the healthiest things one can do when facing the deep stresses of parenting and life in general. This workshop demonstrates how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.

Material Title: **Legendary: A Tribute to Those Who Honorably Serve Devalued Children**
Author: Jaiya John *Books* 2014 207 pages

Legendary is Jaiya John's celebration of teachers, social service professionals, advocates, caregivers, counselors, mentors, and the like. Those compassionate souls who honorably serve youth devalued by society due to material poverty, heritage, language, family separation; or challenges with learning, behavior, mental health, or physical ability. Here are poetic stories to awaken your spirit, massage your heart, and remind you of the reasons you do this work. Your service touches lives, and miracles are born. Your grace endures forever. Are you experiencing compassionate fatigue, vicarious trauma, burnout, disillusionment, doubt, lack of appreciation and support, lost direction, fear, emptiness? You deserve relief. Legendary is well water drawn from the very soul of your compassionate endeavor, offered back to you in your own yearning voice. Come here and drink to your replenishment. Regain your spark of purpose. Word by word, renew your wholeness, your humanity, and your vital health. Take a dose daily. Soon, you will be breathing freely again, like the first time you answered your sacred calling.

Material Title: **Lying: Foster Parent College (DVD)**
Author: Richard Delaney *DVDs* 2004 32 minutes

According to the jacket, lying is the single most common child behavior problem reported by foster parents. Parents learn to understand and deal with this frustrating problem by looking at four types of lying behavior: lying to save face, lying to gain attention, pathological lying, and lying to get others in trouble. Written and researched by Dr. Richard Delaney.

Includes: 1 Interactive DVD, Viewer Guide and reproducible questionnaire

Material Title: **Meth Epidemic, The (DVD)**
Author: Frontline DVD *DVDs* 2006 60 minutes

In a reporting partnership with The Oregonian, PBS's FRONTLINE investigates the alarming growth of methamphetamine addiction in the US and exposes the inherent conflict between the illegal drug trade and the legitimate three-billion-dollar cold remedy business. This is a fascinating though horrific look at a national problem, but it provides no information about the effects on children of prenatal exposure to the drug nor any parenting advice for those who have adopted children so exposed.

Material Title: **Orphans of the Living: Stories of America's Children in Foster Care**
Author: Jennifer Toth *Books* 1997 312 pages

In an age plagued by drastic governmental cut-backs on social programs -- a time in which women and children are by far the most numerous victims of poverty -- the fate of foster children is an important, if painful, subject. Toth's report from the frontlines of what is known as "substitute care" is not encouraging as she follows the lives of five young people moving through the system.

Miscellaneous

Material Title: **Parenting with Humor (CD)**
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Most of us who adopt tough kids begin our journey as sane, normal people with a good sense of humor who just want to help a child. Somewhere along the line, many of us find ourselves not having fun. Our children's special needs and behaviors seem to push us to the edge. We lose our sense of humor and forget how to find happiness in what we are doing. This session provides a reminder that if we can process our parenting experience with laughter, we can find joy in the midst of whatever life throws our way.

Material Title: **Post-Adoption Blues, The: Overcoming the Unforeseen Challenges of Adoption**
Author: Dr. Karen J. Foli and John R. Thompson *Books* 2004 225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

Material Title: **Power of the Mind, The: Affirmations for Regulation (2 CDs)**
Author: Heather T. Forbes, LCSW *CDs* 2013 37 minutes

The question for every parent, ultimately becomes, "How do I stay regulated amid dysregulation?" We have the answer! Based on the work of Dr. Art Martin, these affirmations are designed to shift you back into a place of love, acceptance, and forgiveness. These two audio CDs include affirmations such as: Affirmations to Reinstalling Love; Affirmations to Reclaim Personal Power; Affirmations for Regulation; Affirmations to Acknowledge Effective Parenting; Affirmations to Release Anger and Yelling Patterns; Affirmations to Release Reaction to Aggression; and Affirmations to Release Reaction to Lying and Stealing. Musical tracks for relaxation complete this set of CDs. Listen to an affirmation or two - or more - daily and begin to live in a state of regulation. Join Heather T. Forbes, LCSW as she talks you through a powerful and insightful discovery of a new reality.

Material Title: **Project MAP: Make A Plan**
Author: Independent Insurance Agents of America *Books* 1999 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

Material Title: **Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence**
Author: Rosalind Wiseman *Books* 2002 315

Do you feel as though your adolescent daughter exists in a different world, speaking a different language and living by different laws? She does. This groundbreaking book takes you inside the secret world of girls' friendships, translating and decoding them, so parents can better understand and help their daughters navigate through these crucial years. The author has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they feel about school, how they respond to boys, and how they feel about themselves.

In this book Wiseman discusses the role your daughter might play and how to help her be herself, girls' power plays and how to handle them, good and bad popularity, parenting styles and how to identify how your own background and biases affect how you relate to your daughter, and offers resources with opportunities to follow-up on your own and with your daughter.

Material Title: **Raising Resilient Rascals 2008: Disc 3 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "Interventions for the Fetal Alcohol Spectrum" with Julia Bledsoe; "Psychiatric Medication Treatments and Their Place in Adoption Medicine" with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

Material Title: **Raising Resilient Rascals 2008: Disc 4 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Material Title: **Relaxation and Stress Reduction Workbook, The**
Author: Martha Davis *Books* 2008 360 pages

This book on stress reduction has chapters on everything from diet, exercise, goal setting, and time management, to biofeedback, meditation, autogenics and self-hypnosis. There is certain to be something here for any reader.

Miscellaneous

Material Title: **Relaxation Response, The**
Author: Herbert Benson *Books* 1975 179 pages

Dr. Benson offers this path to better health and reduced fatigue, anxiety and stress through a technique that takes ten to twenty minutes twice a day.

Material Title: **Safe Passage: A Summary of the "Parent 2 Parent" Mentoring Program**
Author: Richard Delaney *Books* 2000 97 pages

This companion guide to the "Parent 2 Parent" video, outlines a mentoring program piloted in Montana. "Parent 2 Parent" is a post-adoptive, post-placement support service that pairs veteran foster/adoptive parents with novice foster/adoptive parents. Written for use by both the parents and caseworkers, its purpose is to provide support, advice and a sounding board for the new families.

Material Title: **Sam's Sister* (Children's Material)**
Author: Juliet C. Bond *Children's Books* 2004 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

Material Title: **Spark: The Revolutionary New Science of Exercise and the Brain**
Author: John J. Ratey and Eric Hagerman *Books* 1/1/13 304

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.

In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

Material Title: **Stealing: Foster Parent College (DVD)**
Author: DVD *DVDs* 2005 2 Hrs

In this DVD course, Rick Delaney gives parents the understanding and knowledge to deal with four types of stealing behavior: shoplifting, stealing based on envy or revenge, Kleptomania, and stealing from loved ones.

Material Title: **Strangers and Kin: The American Way of Adoption**
Author: Barbara Melosh *Books* 2002 291 pages

This book combines history, popular culture, and political analysis to tell a fascinating story of adoption's changing face in the American society of the 20th Century.

Material Title: **Stress Inoculation (Audiotape)**
Author: Matthew McKay *Audiotapes* 1986 54 minutes

This tape is designed to help listeners learn how to cope with stressful situations and difficult people. The 28 minutes on side two take the listener through a dramatization of an actual therapy session in which Dr Matthew McKay takes a female client through each step of this technique for coping with stressful situations.

Material Title: **Summer Camp Resource Guide**
Author: ORPARC Staff *Information Packets* 05/18/2012 60 pages

The ORPARC Summer Camp Resource Guide is an annual publication in the form of an information packet that is updated in the spring of every year.

Material Title: **Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life**
Author: Susan Forward *Books* 1989 306 pages

This book, divided into two parts, "Toxic Parents" and "Reclaiming Your Life," addresses a variety of types of toxic parents, including inadequate parents, controllers, alcoholics, verbal abusers, physical abusers, and sexual abusers. It offers suggestions for those who feel paralyzed by the attitudes of self instilled in them by their parents.

Miscellaneous

Material Title: **Treatment Strategies for Childhood Apraxia of Speech (DVD)**

Author: David Hammer *DVDs*

This DVD, designed for speech-language pathologists, discusses a wide range of treatment ideas including strategies for family involvement and a multisensory treatment approach based on the principles of motor learning. Hammer uses extensive film clips of children with CAS in treatment sessions to highlight practical speech therapy techniques and clinical decision making.

Material Title: **Wetting and Soiling: Foster Parent College (DVD)**

Author: DVD *DVDs* 2004 42 minutes

With abused and neglected children, the toilet can become a battleground of emotional upset and rebellion - as well as a window into a child's past. This course examines five types of problems: wetting as an emotional outlet, wetting as self-defense, classic wetting problems, soiling and smearing feces, constipation and withholding stools. Includes discussion guide and questionnaire.

Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**

Author: Marie-Annette Brown and Jo Robinson *Books* 2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

Material Title: **Why Don't They Just Quit? What families and friends need to know about addiction and recovery (DVD)**

Author: DVD *DVDs* 2007 *nin. 29 sec.*

A DVD roundtable discussion about helping someone towards recovery. Watching a loved one immersed in an intense battle with alcohol and drug abuse may be the most difficult, complex experience. Experts discuss and provide answers to over thirty-five tough questions dealing with these issues: what works, what doesn't and why; why a person doesn't have to hit rock-bottom; why effective intervention doesn't have to be a surprise attack; can a person just cut down; when helping is actually hurting; is it okay to smoke weed in recovery; how to deal with relapse.

Material Title: **Wild Within: How Rescuing Owls Inspired a Family**

Author: Melissa Hart *Books* 2014 312 pages

Every page sparkles with vivid imagery and wit in this beautifully written memoir of parallel pursuits. Wild Within is, above all, about the power of love - romantic, animal, and parental - to save lives and fulfill dreams.

Material Title: **World's Most Dangerous Drug, National Geographic (DVD)**

Author: DVD *DVDs* 2006 52 minutes

Methamphetamine - "meth" - is considered to be one of the hardest drugs to quit. This dangerous drug is ravaging rural communities and spreading its poison to major metropolitan areas and across international borders at an alarming rate. What makes this drug so powerful, addictive, and destructive? National Geographic correspondent Lisa Ling investigates the meth epidemic to uncover the menace metho poses to society and to find out why many are calling it the World's Most Dangerous Drug.

Material Title: **You: Breathing Easy: Meditation and Breathing Techniques to Relax, Refresh and Revitalize (2 CDs)**

Author: Michael Roizen, Mehmet C. Oz *CDs* 2005 2 hours

On Disc One, you'll learn how your breathing apparatus works and affects your well-being. You'll discover how to identify stressors and reduce their effects. You'll also learn how to improve your sleeping, and why it's so important to your overall health picture. Disc Two is devoted to tools and practices that will enhance your breathing, help you relax, and de-stress your life.
